



PRESS RELEASE

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TO: Editor

EVENT: Great Strides Walking Program Returns!!!

DATE: January 25, 2006

START DATE: January 19, 2006

END DATE: January 19, 2006

Walking Tall at the Great Mall!

The Great Strides Walking Program returns to the Great Mall! In partnership with the Great Mall and Kaiser Permanente, the City of Milpitas will be hosting a "Great Strides Kickoff" on January 25, 2006, at 8:30am, in the Great Mall Food Court. The morning events will feature a free breakfast, raffle prize worth \$100 and health topic discussion from Dr. Sheila Chang, Kaiser Internal Medicine.

The Great Strides registration is ongoing and free!!!

Benefits to joining are:

- Quarterly medical screening including blood pressure and composition analysis
- A great way to meet new friends who are committed to a healthier lifestyle
- A safe, climate controlled walking facility for you to use 363 days each year

Great Strides quarterly breakfasts will also be held in April, July and October of 2006.

For more information, call Milpitas Recreation Services at (408) 586-3210.

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